

ABSTRACT

An exercise machine for performing lat pull down exercises has a main frame having a user support pivot mount, a user support pivotally mounted on the user support pivot mount for supporting a user in a seated position, and an exercise arm having handles for gripping by a user movably mounted on the frame for movement between a start position located above the head of a user in a seated position on the user support and an end position lower than the start position and generally below the user's chin. A connecting linkage connects movement of the exercise arm to movement of the user support. A load resists movement of at least one of the moving parts of the machine. The combined motion of the user support frame and exercise arm substantially replicates the natural movement of the human body when performing a free bar chin up exercise.